

## Green Beans with Almonds

(makes 8 servings)

- 3 pounds (1.4 kg) fresh green beans, stem ends removed
- 1/2 teaspoon (2.5 ml) butter-flavored buds or butter-flavored cooking spray
- 1/8 teaspoon (0.6 ml) garlic powder
- 1 1/2 teaspoons (7.5 ml) crushed dried thyme
- 2 tablespoons (30 ml) slivered almonds, toasted

1. Cook beans in a large pot of boiling water to cover. Reduce heat and simmer until crisp tender, 3 to 4 minutes. Drain.
2. Toss with butter-flavored buds, garlic powder, and thyme. Serve hot, garnished with toasted almonds.

**Per serving:** 64 calories (13% calories from fat), 4 g protein, 1 g total fat (0.1 g saturated fat), 13 g carbohydrate, 6 g dietary fiber, 0 cholesterol, 12 md sodium

**Exchanges:** 2 1/2 vegetable

tip: to toast the almonds, spread them in a single layer on a baking sheet and toast in a 350°F (180° C) oven until fragrant and brown, 3 to 5 minutes. Shake the pan once or twice so that they toast evenly. Check after 3 minutes. Once they begin to color, they will brown very quickly. Do not allow them to burn